

"vera ceglia" <ceglia@adelphia.net> 
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Hi Jim, Hope all is well, I am at 727 490 5751 when your ready. Ill send page two next I should be here for the next hour. Paul

Mr. John Smith 0123456789
Date - Month Year
Signature - John Smith
Address - 123 Main Street

11. **Discovery of Laramie**
The Laramie Divide and the narrowest crossing trough shall be permanent and the last of the series in which the Platte passes outside than passes the mountains.
12. **Georgetown**
The Georgetown Divide and the narrowest crossing trough shall be permanent and the last of the series in which the Platte passes outside than passes the mountains.
13. **Bluff**
In the Bluff the Platte should encounter dry meadows as a result of stream washouts in mountain meadows due to the great amount of water.
14. **Nalette of Little Divide**
The Nalette of Little Divide passes through the mountains and is crossed by the Little Divide.

9. **Particular Benefits**
It is a common mistake for us to focus on the negative and the bad in our lives. This is a natural tendency, but it can be overcome. By focusing on the positive, we can improve our mood and overall well-being. This can be done by identifying the things that bring us joy and gratitude, and making a conscious effort to focus on them. For example, we can start by keeping a gratitude journal where we write down three things we are grateful for each day. We can also practice mindfulness and gratitude exercises, such as the "5 things I'm grateful for" exercise, which involves identifying five things in our environment that we are grateful for. By doing this, we can shift our focus from the negative to the positive, which can lead to a more positive and fulfilling life.

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